



State of New Hampshire Wellness Coordinator of the Quarter Award

Do you know a Wellness Coordinator who you consider a wellness role model? Do you know one who makes an effort to honor their mind, body and spirit? Is there a wellness coordinator who helps motivate others to do the same? Has the wellness coordinator implemented a change in their agency's environment to support health habits?

The Governor and the Health Benefit Advisory Committee (HBAC) Workgroup of New Hampshire wants to recognize the Wellness Coordinator of the Quarter who demonstrates a commitment to lead the wellness campaign in their agency.

Each quarter the Wellness Program will acknowledge an outstanding Wellness Coordinator who recognizes the value in promoting their own wellness and the well-being of others, which includes physical, emotional, social, occupational, and intellectual well-being.

Attendance and participation at quarterly wellness coordinators training sessions will be part of the criteria plus innovative ideas related to wellness at their agency, and scheduling onsite workshops and events related to health & wellness for their fellow employees or sharing wellness related topics and ideas that are useful, relevant and timely.

If you know a wellness coordinator who fits this description, please fill out the following and return it to the Health Benefits Advisory Committee Workgroup at Department of Administrative Services; attention Michael Loomis, Michael.loomis@nh.gov. The selection will be made by the Wellness Program Specialist in collaboration with the HBAC workgroup members. The employee selected will be recognized on the State Wellness Program website and in the monthly wellness newsletter.

Deadline for submissions: One month before the training session you would like the following wellness coordinators recognized at.

Date: February 9, 2011

Nominee: Diane Burbank

Agency: Education

Nominated by: HBAC Workgroup

Please provide write-up for your nomination (you may utilize additional space)

Quarter: April 14, 2011 Wellness Coordinator Quarterly Meeting

Keeping a wellness display posted and current
Fun and exciting wellness grams to DOE employees
Participation in Wellness Coordinator Training Sessions
Spearheading DOE participation in the 2010 Commissioner's Physical Activity Challenge